

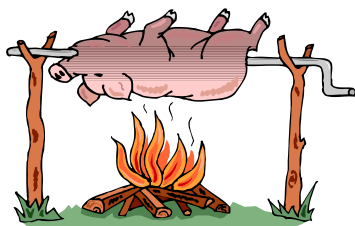
# 4-H Awards Banquet

Sept. 6th

5:30pm

## Expo Bldg on the Fairgrounds

All 4-H members and their families are encouraged  
to attend!!



Please bring two side dishes or dessert (and serving utensils) and come help recognize all our amazing 4-H members & leaders .

This is a time to CELEBRATE!!



# Thank you!

...to all our *amazing* 4-H Family Members,  
Volunteer Leaders & Supportive Community Members.  
The 2014 NWMT Fair was an AMAZING success, and  
it's all because of your support & care!!!

# Montana State University Extension Service 4-H AMBASSADORS

## Plug Into the 4-H Ambassador Program



### ATTENTION all 4-H Members 13yrs and Older!!

*The 4-H Ambassador Program is now accepting enrollment for the 2014-2015 4-H Year*

**What is the 4-H Ambassador program??** - *It's a leadership program for any 4-H member 13yrs & older who would like to help others to get "plugged-in" to 4-H. And it's REALLY fun!*

4-H Ambassadors are official envoys, representative spokespersons of the 4-H Program. A 4-H Ambassador is a self-motivated, enthusiastic leader who promotes the 4-H program to fellow members, area residents, community leaders, elected officials and non 4-H youth. A 4-H Ambassador serves to strengthen the 4-H program through public relations.

Ambassadors receive training and demonstrate their skills in leadership, citizenship, and civic engagement through public presentations, life skill development workshops, and service learning projects. These youth exemplify the "learn by doing" credo of experiential learning and advance the 4-H motto, "to make the best better."

**What does the commitment to be a 4-H Ambassador look like??** - *There will be approx. 4 meetings a year with Tammy at the Extension office (each should last about an hour or so), then we'll have a few voluntary events and activities that you can sign-up for throughout the year to help with; such as: Foods Fair, County Congress, Livestock Weigh-In's, Board Mtgs, NWMT Fair Barn Dance, and other activities.*



MSU Extension Service – Flathead County

Tammy Walker  
4-H & Youth Development Agent  
[Tammy.walker1@montana.edu](mailto:Tammy.walker1@montana.edu)

Phone: (406) 758-5553

Fax: (406) 758-5881

Email: [extension@flathead.mt.gov](mailto:extension@flathead.mt.gov)

Web: <http://flathead.mt.gov/extension>

### **When is the next meeting??**

*For any 4-H member who is 13yrs or older and interested in becoming a 4-H Ambassador, there will be an informational meeting on*

***Weds, Sept. 24th at 5:45pm***

*in the Extension office conference room  
(1108 S. Main St in Kalispell)*

# Register now for the 2013 State 4-H Horse Show!!

Check out the site below for the 2014 State 4-H Horse Show rule book. When you click on it you should see 4-H youth downloads; then when you click on that you should see a file for horse show.

<http://www.flathead.mt.gov/extension/downloads.php>



18 USC 707



18 USC 707

**When: September 12 - 14, 2014**

## State 4-H Horse Show VET CHECKS...



### **Don't miss this opportunity!!**

Free state show mandatory vet checks will be offered through LaSalle Vet clinic. Please text or call Heidi Diegel to get on the schedule at (406)270-3889. If you're interested, plan to come to the clinic on Tuesday, Sept 9th from 3-5pm. **BRING YOUR "2014 State Horse Show Certificate of Veterinary Inspection" form.**

Complete one form for each horse you will show. **PLEASE BRING A THANK YOU NOTE** to LaSalle Vets, and a **small homemade gift** in lieu of payment for this generous donation from LaSalle Vets. The office loves our cookies, fudge or any homemade treats, and we are so appreciative of their services to the 4H community. Again, contact Heidi to get on the schedule.

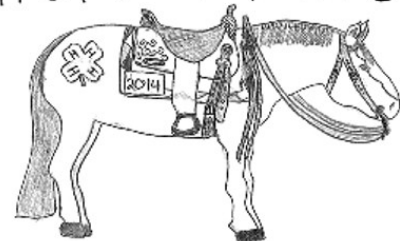
If this doesn't work for you, Veterinary certificates can be completed by your regular vet if you prefer. As specified on the form, they must be done **WITHIN 72 HOURS** of the show.

### **And...**

Don't forget to bring your **BRAND INSPECTION** to the 4-H State Horse Show for check in.

On behalf of the Flathead Horse Committee, *we are so excited to be hosting this year and can't wait to see you there!!!*

2014 State 4-H Horse Show



Kalispell, Montana

# You're invited to **Retreat & Reconnect** **BY THE LAKE** at Leadership Forum! September 26-28, 2014

**Location:** United Methodist Church Camp on Flathead Lake,



Register [online](http://flathead.mt.gov/extension/downloads.php) through September 5<sup>th</sup> at:  
[flathead.mt.gov/extension/downloads.php](http://flathead.mt.gov/extension/downloads.php)

- \$125: Full Forum with meals (5) and lodging (2 nights)
- \$90: Forum with meals (4) (For those lodging offsite or in RV)

## **Market Livestock Buyer “Thank You” Procedure Following the Sale**

Don't forget to thank your buyers. The success of the Livestock Sale depends on the kindness of community businesses and individuals, and it's important that we thank them for their generosity. You can pick up your photo for your buyer's thank you at the Extension Office on THURSDAY, SEPT. 4<sup>th</sup>. Once a member delivers a “thank you” photo/gift to their buyer, they must return the confirmation form to the Extension Office by December 1, 2014.

# Attention 4-H Leaders

On Sept. 4<sup>th</sup> at 6:45pm in the 4-H Building of the fairgrounds there will be a 4-H Foundation Meeting that will include elections for  
**4-H Foundation President Elect and Secretary.**

*The President-elect will be elected by the membership from present or past directors or officers. This term is for one year with automatic progression to President for one additional year.*

*The Secretary shall be elected by the membership for a term of one year with re-election to a maximum of 3 terms.*

Voting members, please discuss nominations with your district club membership and other past & present Foundation officers, and be prepared to **bring nominations to the Sept. 4<sup>th</sup> meeting.**

Committee Chairs for *Ambassadors, Ag, Loon Lake, Horse, Shooting Sports, Interstate Exchange, Buyer's Breakfast and Fair Awards*, please don't forget to send representation to give a committee report.

There will be a “mandatory” training for all 4-H leaders on  
**Thursday, Oct. 9<sup>th</sup> from 6-8pm.**

in the Earl Bennett Building's big conference room on the 2<sup>nd</sup> floor.

All Org. leaders and Foundation officers, please plan to attend this training. If for some reason you are unable to attend you may send another key leader from your club; however, this meeting is intended for you as an organizational leader or Foundation officer.

Thanks so much for all you do to help our 4-H members and their families!!



# Special THANKS to our Adult 4-H Volunteers!!

## 2013-2014 Organizational Leaders:

Angela Crenshaw	Judy Sommers	Mike Twillmann	Shelli Callan
Chris Scott	Kim Morrison	Melanie Hayek	Sherry Madsen
Dana Higgins	Kelly Wilkey	Renae Johnson	Suzanne Tutvedt
Harmony Hogan	Kristi Davis	Renee Caverly	Tara Norick
Heather Siderius	Linda Stewart	Sandy Evenson	Tia Robbins
Janette Nostrum	Marjorie Olsen	Shawn Boelman	Wendy Morris

## Years of Service:

10 Years—Kim Sutton

15 Years—Don Anderson & Marcia Burns

20 Years—Floretta Caverly & Kim Haggadone

25 Years—Gavin Corrigan, Kristi Davis, Dana Higgins & Jay Scott

## Livestock Education:

- Mike Twillmann: Hog Roundup
- Julie Brubaker: Beef Seminar
- Marian & Terry McAllister: Beef Weigh-in
- Bryan Miller: Hog Seminar & Hog Weigh-in
- Inga Lake: Sheep Seminar, Agape Livestock Show & Sheep Clinics
- Kevin Lake: Agape Livestock Show & Sheep Clinics
- Julie Brubaker: Agape Livestock Show
- Kim Morrison: Sheep Seminar, Round Robin & Sheep Clinics

## Committee Chairs:

Kevin Fritz  
Marleen Probert  
Sue Schmidt

## Foundation Officers:

Marcia Burns - President  
Dana Higgins - President  
Elect  
Sandy Evenson - Secretary  
Val Carlin, Inga Lake & Sheila Wilson - Treasurer

## Special Interest Clubs:

\**Shooting Sports*: Don Anderson, Kristi Davis, Marcia Burns, Bill & Marsha Voermans, Pat McVay & Dale Probert,

\**Entomology*: Richard Hardesty

\**Back-to-Basics*: Tomi Todaro

## Horse Camp:

Stacia McAdams

## County Congress:

Tara Norick

## Ambassadors:

Judy Sommers

## State Congress & Rec Lab:

Tara Norick, Sandy Evenson & Diane Bailey

## Interstate Exchange:

Wendy Morris

## Camp Counselor Interviews:

Melissa Adkinson

## Foods Fair:

Wendy Morris, Marcia Burns & Dana Higgins

## Camp:

Casey Morris, Sona Blue, Renae Johnson, Brian Sommers & Jon Obst



ALL NWMT Fair Award winners will be announced at the 4-H Banquet on Saturday, Sept. 6th at 5:30pm. Bring your family and a few side dishes and come join us in the Expo bldg. for a ton of 4-H fun!!

## State Horse Show:

Codi Sorensen, Stacia McAdams, Marleen Probert, Heidi Diegel, Renee Caverly and Chris Scott

## Project Interviews:

Dana Higgins, Marcia Burns and Shawn Boelman

## Short Term Project Club Leaders:

Darren Fix - Computer Programming  
Randy & Marcia Burns - Muzzle Loading  
Jon Obst - Hunter Shooting Sports  
Anni Sutkus - Dog

## Fair Awards:

Inga Lake & Lake Family



## Upcoming 4-H Meetings and Special Events



### Upcoming Activities & Other Meetings

- ◇ **4-H Achievement Banquet:** *September 6th at 5:30. Expo Building—bring a few side dishes*
- ◇ **Horse Show Vet Inspection opportunity:** *September 9th at LaSalle Vets. Call Heidi Diegel: 270-3889*
- ◇ **Horse Show Bag Stuffing Mtg:** *September 10 at Majestic Arena*
- ◇ **State Horse Show:** *September 12-14.*
- ◇ **4-H Ambassadors Meeting - Open to anyone 13yrs & older:** *September 24th at 5:45 in Extension office conference room.*
- ◇ **4-H Leaders Retreat:** *September 26-28; United Methodist Church Camp*
- ◇ **4-H Shooting Sports Certification:** *September 26-27; fairgrounds.*
- ◇ **4-H Ambassadors Meeting - Open to anyone 13yrs & older:** *September 24th at 5:45 in Extension office conference room.*
- ◇ **4-H Leader's Training** *October 9th from 6-8pm. Earl Bennett Bldg.—2nd floor conference room*
- ◇ **4-H Interstate Exchange Meeting** *October 15th at 5:45. Earl Bennett Building 3rd Floor Conference Room*

### Forums, Committees & Councils

- **Ag/Livestock Committee:** *Thursday, Sept. 4th at 5:30pm in the 4-H Building at the fairgrounds*
- **Flathead 4-H Foundation:** *Thursday, Sept. 4th at 6:45pm in the 4-H Building at the fairgrounds*
- **Horse Committee:** *Mon, Sept 29 at 5:45pm at the Extension office.*



## Flathead Shooting Sports

Shooting Sports Certification training will be held on September 26-27. Registration forms can be found at <http://www.flathead.mt.gov/extension/downloads.php>



**4-H Shooting Sports**  
*Learn by Doing*

All those returning shooters from last year can now contact Kristi Davis to sign-up for a Flathead Shooting Sports time for this coming year.  
752-6855 or 253-4303 or [gkadavis@hotmail.com](mailto:gkadavis@hotmail.com)

*NEW MEMBERS - registration will take place closer to October.*



## MSU Extension Service – Flathead County

### Patricia McGlynn

Agriculture, Natural Resource & Community  
Development Extension Agent

### Tammy Walker

4-H & Youth Development Agent

### Dee Dryden-Cooper

Support Staff

### Nancy Roberts

SNAP Educator

### Address:

1108 South Main Street  
Kalispell, MT 59901

**Phone:** (406) 758-5553

**Fax:** (406) 758-5881

**Email:** [extension@flathead.mt.gov](mailto:extension@flathead.mt.gov)

**Web:** <http://flathead.mt.gov/extension>

### State Web Sites:

[www.msuextension.org](http://www.msuextension.org)

[www.montana4h.org](http://www.montana4h.org)

## SNAP Recipe of the Month



### Banana Wake-Up Bars

Makes 1 9x9 pan Prep : 20 mins. Cook : 20 mins. Ready in 1 hr.

#### Ingredients:

1/3 cup peanut butter	1 ripe banana, mashed
1/3 cup brown sugar	2/3 cup rolled oats
2 1/2 TBSP of butter	1/3 cup all-purpose flour
1 egg	2 TBSP wheat germ
1/2 tsp vanilla extract	1/4 tsp baking soda

#### Directions:

Preheat oven to 350F. Grease a 9 x 9 baking pan.

In a mixing bowl, beat together the peanut butter, brown sugar and butter with an electric mixer until smooth and fluffy. Beat in the egg and vanilla extract, then the banana. Stir in the oats, flour, wheat germ and the baking soda until completely combined. Spread in prepared baking pan. Bake in the preheated oven until set and lightly browned; 20 to 25 minutes. Remove from oven and cool in pan on wire rack before cutting into bars.



Footnote\*\* A handful of raisins could be added to the batter before cooking. If you are not a banana fan, substitute 1/2 cup of applesauce for the Banana.

#### Nutrition Facts:

Calories	102	Carbohydrates	12 g
Cholesterol	18 mg	Fat	5.2 g
Fiber	1g	Protein	2.8 g
Sodium	63 mg		

*Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.*

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeff Bader, Director of Extension, Montana State University, Bozeman, MT 59717